



headspace
Sunshine

are you a family member or friend needing support?



Our family peer worker is someone with lived experience of caring for a young person with mental ill-health and is here to provide support and promote hope to families and friends in similar situations.

what do family peer workers do?

- Provide emotional support in a respectful, non-critical and non-judgemental manner in person, by telephone or telehealth
- Identify resources and advocate for families while they are navigating the mental healthcare system
- Facilitate communication with case-workers and clinicians

To find out more, call **(03) 9927 6222**
email familypeers@orygen.org.au